

# "BEAR" ON THE RUN

604.990.8880 *Daily 11am to 11pm*

## **NEW LITE MEALS:** *Perfect for children or seniors no substitutions.*

**Cheese Bread** Triple cheese and herbs on a fresh baguette \$3.99

**Pasta** Tri colored cheese Tortellini with asiago cheese in a cream sauce \$6.99

**Chicken Fingers** Lightly breaded chicken fingers & fat boy fries with honey mustard dip \$7.99

**Quesadilla** Triple cheese baked in a cheese & tomato tortilla with sm. sour cream and sm. salsa \$6.99

**Cod & Chips** 1 piece Blue Cod with fat boy fries Bear Coleslaw & tartar \$7.99

**Beef Burger** In-house ground chuck with Bear secret sauce with lettuce, tomato, red onion, & sliced pickle on fresh whole wheat Kaiser with Fat Boy Fries \$8.99

## **SOUPS:**

### **Daily Bear Soup**

Cup \$3.99 or Bowl with French bread \$5.99

## **SALADS:**

🌶️ **Chop Chop** Diced spicy chicken, avocado, gourmet greens, egg noodles, onion, bell peppers, mushrooms & grainy mustard dressing \$12.99

🌿 **Bear Patch** Gourmet greens with our house balsamic vinaigrette 1/2 \$4.99 or Full \$8.99

**Classic Caesar** 1/2 \$4.99 or Full \$8.99

🌿 = Vegetarian     🌶️ = Spicy

### **New England Clam Chowder**

Cup \$4.99 or Bowl \$8.99 with French bread [no mussels]

🌶️ **Thai Chicken** Marinated & grilled chicken, gourmet greens, rice noodles & Thai vinaigrette \$12.99

🌶️ **Stuffed Avocado** Shrimp, avocado gourmet greens & chipotle mayo 1/2 \$9.99 or Full \$12.99

» **SALAD ADD-ON** Shrimp \$4.00 / chicken or tiger prawns [6] \$4.99 / beef tenderloin \$6.50 / salmon or tuna \$6.75

## **BEAR QUESADILLAS » CHOICE of vegetable, chicken, pulled pork, chorizo, or shrimp \$12.99**

The Black Bear donates \$0.50 to the North Shore Disability Resource Centre for every Quesadilla sold.

**\*\* With your help we've raised \$10,151.50 and counting \*\***

## **SHARING PLATES:** *Good for one, perfect for two.*

🌿 **Spring Rolls** House made crispy vegetable roll with honey ginger dip \$4.99

**Cheese Bread** Triple cheese, herbs baked on a fresh baguette \$7.99

**Dry Garlic Rib** Bone-in pork ribs with plum dip \$7.99

**Gyoza** 6 Pan-fried pot stickers with honey ginger dip \$6.99

**1lb Wings** Suicide / Hot / Dry Spice / Honey Garlic or BBQ celery, carrot sticks with ranch or blue cheese dip \$10.9

**Chicken Fingers** Lightly breaded chicken fingers and fat boy fries with honey mustard dip \$10.99



***We use only 100% sugar cane take-out containers that biodegrade in approx. 45-60 days.***

## SIGNATURE MEALS:

🌿 **Chow Mein** Oriental slaw veg, steamed noodles in in-house Hoisin sauce \$9.99

» **ADD shrimp \$4.00 / chicken or tiger prawns [6] \$4.99**

🌿 🌶️🌶️ **Indo Udon** noodles & veg in a spicy coconut curry sauce, peanuts, cilantro and Naan bread \$11.99

» **ADD shrimp \$4.00 / chicken or tiger prawns [6] \$4.99**

🌿 🌶️🌶️🌶️ **South West Tortellini** Tri colored cheese pasta, bell peppers, onion in chipotle cream, asiago

1/2 order \$7.99 or Full with grilled bread \$11.99

» **ADD shrimp \$4.00 / chicken or tiger prawns [6] \$4.99**

**Bear Cod & Chips** Blue Cod dipped in Big Rock Grasshopper Wheat Beer batter, coleslaw & tartar 1pc \$11.25 /

2pc \$14.25 / 3pc \$18.24

» **ADD extra tartar Sm. \$0.50 / Lg. \$1.00**

**Classic Meat Loaf** 7oz slice of baked AAA ground sirloin, onion, & spices garlic smashed potatoes & veg \$13.99

» **ADD extra slice \$3.99**

## SANDWICHES:

**Pulled Pork** House made braised shoulder "pulled" with Bear BBQ sauce & coleslaw \$11.99

**Pesto Chicken** Roasted chicken breast, lettuce, tomato, pesto mayo and asiago baked in a baguette \$12.99

🌿 **Falafel Wrap** Ground chickpea herb patty inside a tortilla with lettuce, tomato, onion & tzatziki \$11.99

**Classic Clubhouse** 3 slices of multi-grain or white bread \$12.99

## BURGERS:

» **CHOICE of \*NEW\* In-House 6oz ground chuck, ostrich, chicken or veggie patty**

*All burgers served with lettuce, tomato, red onion, sliced pickle and your choice of white or whole-wheat Kaiser.*

**Naked Bear Burger** Secret burger mayo \$11.49

🌶️ **Jerk Chicken** Marinated breast & Bear jerk mayo \$11.99

**Coney Island** Bear relish, yellow mustard, Cheddar cheese and bacon \$13.49

🌶️ **Tuna** Yellow Fin steak grilled to medium rare with spicy wasabi mayo \$13.99

**Matterhorn** Sautéed mushrooms, house burger mayo, Swiss cheese and bacon \$13.99

🌶️ **Salmon** House made Wild Sockeye patty with chipotle mayo \$12.99

🌶️ **Smokehouse** garlic mayo, BBQ sauce, Jalapeño Jack cheese and bacon \$13.99

» **INCLUDED SIDE CHOICES:** *Salad, daily soup, fat boy fries, garlic smashed potato, blanched dinner vegetables, rice pilaf or coleslaw*

» **SIDE SUBSTITUTION:** *House chowder / Caesar / Yam fries or Onion rings \$2.00*

» **SANDWICH / BURGER ADD-ON:** *Cheddar, Swiss or Jalapeño Jack \$1.00 / 2pc bacon \$1.60 / Sm. blue cheese dip or Sm. sour cream \$0.50 / Sm. chipotle mayo \$0.75 / Gravy \$1.00 / 4 fried onion rings \$2.00 / Sautéed onions or mushrooms \$1.50 / Guacamole Sm. \$1.75 or Lg. \$2.29 / Extra beef patty \$3.99 / Extra chicken breast \$4.99*

**Ask us about our sweet Desserts!**

» **Applicable taxes not included / April 2012**